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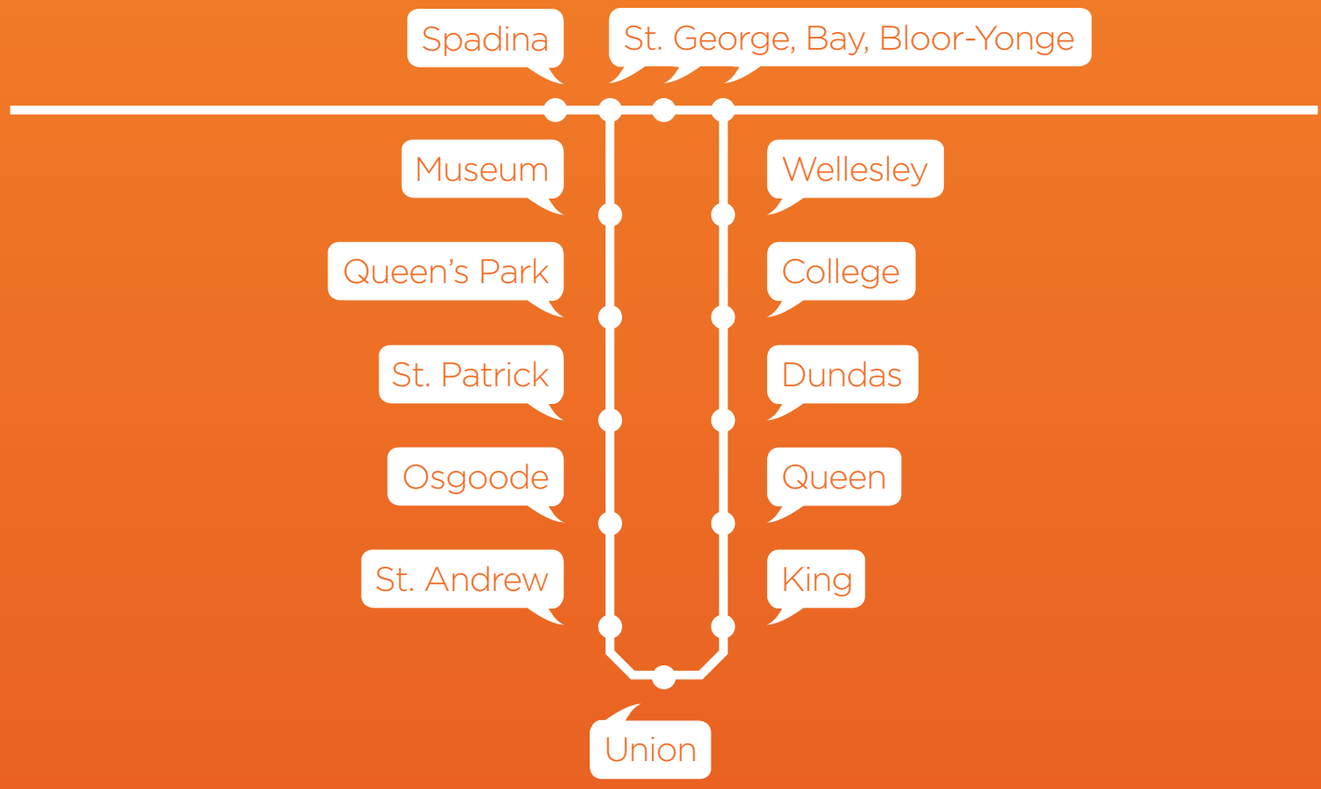

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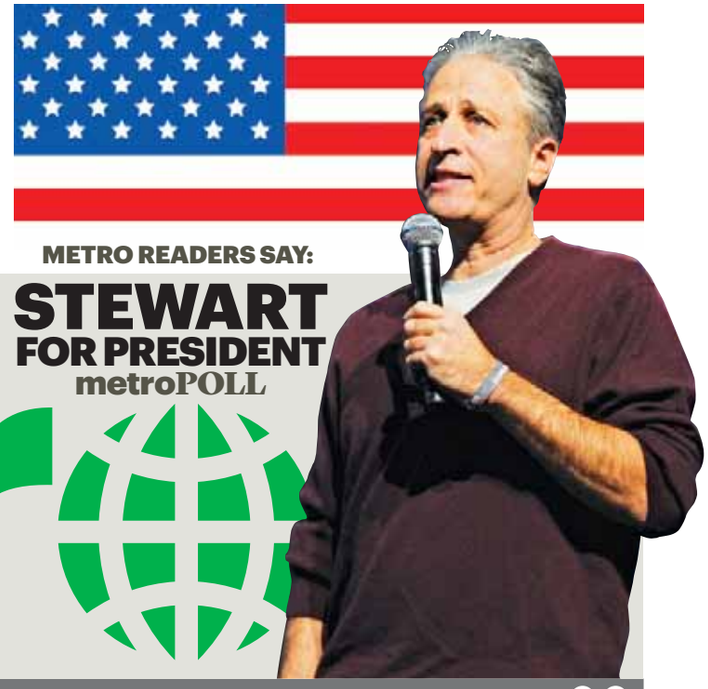

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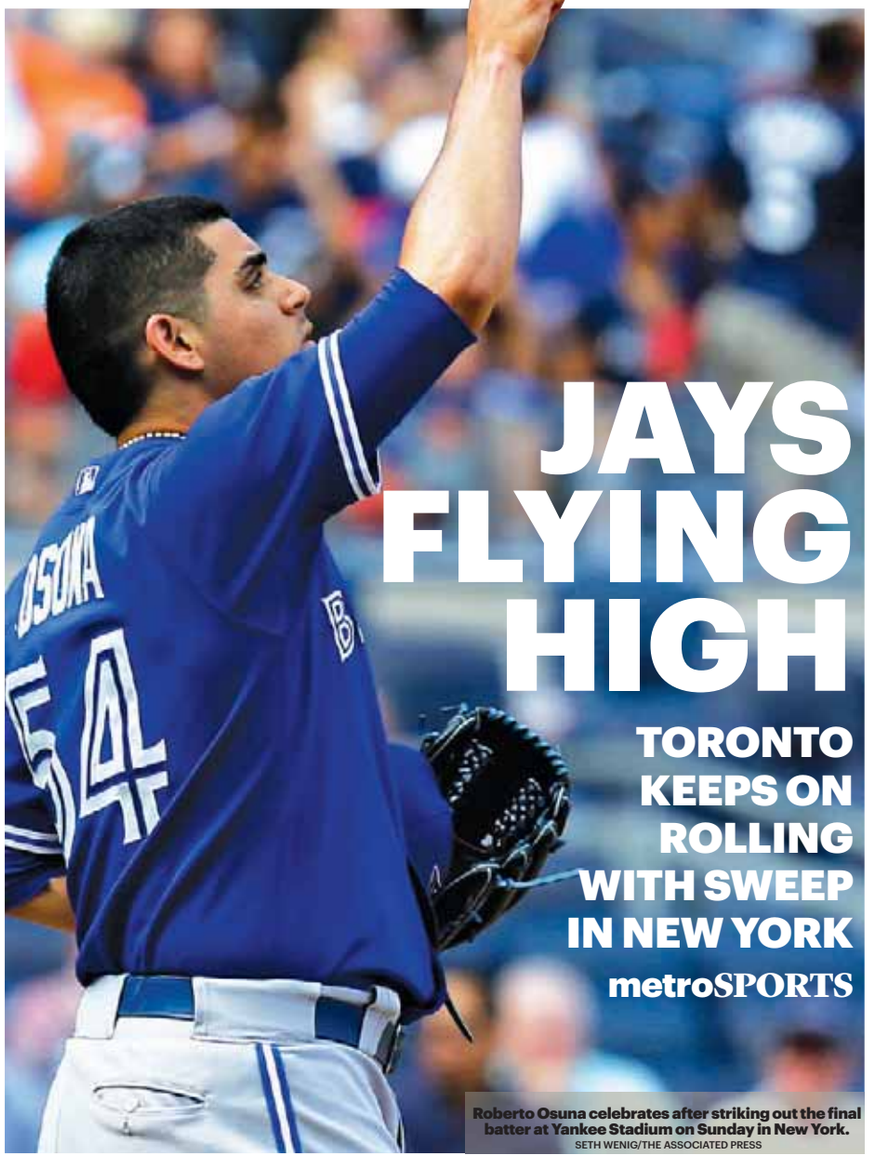

JAYS FLYING HIGH

TORONTO KEEPS ON ROLLING WITH SWEEP IN NEW YORK

metroSPORTS

Roberto Osuna celebrates after striking out the final batter at Yankee Stadium on Sunday in New York. SETH WENIG/THE ASSOCIATED PRESS

Toronto's date with density

INFRASTRUCTURE

Architects say city must plan better for the future

Luke Simcoe
Metro | Toronto

A group of Toronto architects are calling on the city to have a serious conversation about density or risk a future of "formulaic" towers and failing infrastructure.

"Toronto's going through a remarkable transformation in terms of its urban form and quality of life," said Larry Richards, emeritus professor of architecture at the University of Toronto. "It's been happening very fast over the past decade and show no signs of letting up."

But Richards is concerned rapid densification without innovative design and sound planning could spell disaster.

Rapid densification needs to be addressed, architects say. TORSTAR NEWS SERVICE FILE

"We could wake up in 30 years and find a bunch of deteriorating buildings that were made with cheap materials," he said. "And the city has already fallen so far behind on the infrastructure, particularly transportation infrastructure, necessary to support that density.

"Density brings the kind of intense urban experience that you find in big cities like New York, London or Tokyo," he said. "Toronto has it in its DNA to become more like that."

Richards is the curator of Toronto 2020, a new exhibit that explores how the influx of condo towers has affected the city and its residents. He and his colleagues want a "housing expo" that would showcase forward-thinking projects in other cities and up the bar for residential design.

Ideally, Richards wants to emulate the International Building Exhibition that occurred in Berlin from 1979 to 1987. The local government invited world-renowned architects to the city and gave them carte blanche to experiment with housing developments.

"It was hugely successful, and left a legacy of strong housing and strong urban form in Berlin," he said.

Richards is exploring how something like that might be replicated here, saying if it happens, it will move the conversation forward.

"I just hope it's not too late," he said. "When we look back, I hope we didn't simply rebuild the city, but instead took advantage of the opportunity to do something deeper."

DEVELOPERS SHOULD 'SHAKE UP THE COMPLACENCY'

Larry Richards says developers in Toronto are "formulaic." He wants to see more projects like the proposed redevelopment at Honest Ed's, the 1,000-unit project by Vancouver-based Westbank that has promised ample public and pedestrian space, affordable rental housing and valet bike parking.

"(Westbank CEO) Ian Gillespie is an innovator. He knows quality and takes risks," Richards said. "The Honest Ed's project is a great thing and hopefully it will shake up the complacency among Toronto developers."

Tote bags take shot at Harper

POLITICS

Artists' creation a top seller, online sales in the works

Gilbert Ngabo
Metro | Toronto

Tote bags taking shots at Prime Minister Stephen Harper are selling like hotcakes in Toronto.

Two local "politically minded" artists tired of hearing criticism about things like the anti-terror Bill C-51 and Islamophobia teamed up for the effort aimed at making their voices — and those of others — heard loud and clear.

"Instead of a simple usual Facebook post, we decided to do something more artistic about it," said Pascal Paquette, who bases his works on social observations, issues tied to public values and contemporary culture.

He and writer/curator Ellyn Walker made their message pretty clear, printing "My Prime Minister Embarrasses Me" on both sides of the bag — once in English and once in French.

As a pilot, the artists ordered 12 bags. Almost as soon as they hit the stands at Art Metropole, they were sold out.

The pair decided to order a bigger run of 72 bags, which have now sold out. Another shipment is on the way with a plan in the works to expand to online sales, Paquette said.

The duo insists they're not politicians and the bag isn't a personal attack on Harper. Rather, they're simply out to create art about important matters such as aboriginal rights and deforestation.

CRITIQUES

Some of the reasons the artists say they — and some of their clients — are upset with Stephen Harper's government:
— Bill C-51.
— Funding cuts for environmental issues.
— Stance on missing and murdered indigenous women.
— Too few female MPs.

Still, "politics aside," Harper "doesn't represent my ideals as a Canadian," Paquette said.

"If he changed and became a better leader, that would be a double bonus," Paquette added. "I'm sure he is a nice man, and his kids really like him."

MORE LOCAL NEWS ONLINE

Ellyn Walker and Pascal Paquette, two local artists who created a bag with inscriptions critical of Prime Minister Stephen Harper. LIZ BEDDALL/METRO

TRANSIT

GO to add off-peak service: Sources

GO riders on the Kitchener and Stouffville lines are expected to get a boost to their train service in the off-peak hours, following Labour Day.

The Kitchener line will get hourly trains in both directions between Union Station and Mount Pleasant, one stop east of Georgetown, according to Torstar News Service sources.

GO is also looking at hourly off-peak service between Union Station and Unionville on the Stouffville line. Because Stouffville is still a single track, the trains will be timed to pass one another at the Scarborough station, said the source.

GO currently offers only rush-hour service on those two train lines.

The Kitchener improvements are expected right after Labour Day, with the Stouffville trains coming later.

Metrolinx, the provincial agency in charge of GO Transit, would not confirm the additional trains. TORSTAR NEWS SERVICE

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Tasty T.O. festivals satisfy

The weekend served up a smorgasbord of food-friendly festivals to hungry (and thirsty) Torontonians and tourists alike. The scrumptious selection included the 22nd annual celebration of Greek culture Taste of the Danforth, the Roundhouse Craft Beer Festival, which featured plenty of pints and food truck fare, and the 10th annual Kultura Filipino Arts Festival, which served up a street eats food competition for visitors.

LIZ BEDDALL METRO

TASTE OF THE DANFORTH

ROUNDHOUSE CRAFT BEER FESTIVAL

KULTURA FILIPINO ARTS FESTIVAL

TECHNOLOGY

U of T students hoping invention is number one in the sun

Gilbert Ngabo
Metro | Toronto

A team from University of Toronto is gearing up to race, almost literally, into the sunset.

Blue Sky Solar Racing — comprised of 20 engineering undergrads — has put the finishing touches on a new solar-powered car just in time for the Bridgestone World Solar Challenge in Australia this fall.

The challenge will see the team race 3,000 kilometres in a competition that's as much about bragging rights as it is about promoting sustainable technology.

With 45 teams from 24 countries competing, the team's car — dubbed Horizon — will be the only Canadian-made one in the field.

Horizon, taking 18 months to build, is packed full with the latest and best solar technology available, said Nicole D'Iyma, the team's sponsorship lead.

"The project gives us a lot of hands-on experience working with technology that we wouldn't get in the classroom," she said.

Even though Horizon is only big enough to fit one person, each of the 20-team members plans to travel to Australia in October.

For now, they're running practice drills that get pretty much everyone involved, whether it's through driving or changing tires.

"It's definitely a very big challenge, but I think we're ready for it," D'Iyma said. "That's ultimately what the 18 months of work comes down to. We're really excited."

Horizon, the solar-powered car that was built by students at U of T.
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City has no plans to shift to open source

TECHNOLOGY

Munich, Turin saved millions after switching from Windows

Luke Simcoe
Metro | Toronto

City officials say they have no plans to adopt more free and open-source software, despite millions of dollars in potential savings.

A recent report from the city's information and technology division shows Toronto spent $16.3 million on software licensing between 2012 and 2014. The lion's share, nearly $12 million, went to Microsoft.

The report comes at a time when other major cities, notably Munich, are moving away from proprietary software in favour of less expensive, or even free, alternatives like Linux and OpenOffice.

Munich completed the transition away from Microsoft products in 2012, saying the switch saved the equivalent of $15.8 million Canadian. Turin, Italy, is making a similar transition that officials believe will save more than $8 million Canadian.

While he remains open to open source, Toronto's chief information officer doesn't see a business case for moving to Linux anytime soon. Open-source software may seem less expensive on a balance sheet, but the city has to consider added costs like re-training and lost productivity, Rob Meikle said.

"Re-training 22,000-plus users on a new environment or new productivity suite is not a simple undertaking," he said.

"If you switch environments and it takes someone twice as long to do something, that has to be factored into the cost."

Since Linus Torvalds released the source code in 1991, Linux has become a viable alternative to Microsoft. THE ASSOCIATED PRESS

ELECTION 2015

Bingo player wins prize but can't vote

Kelly Durkin is the proud owner of a new TTC Metropass thanks to her winning entry in Metro's election debate bingo contest.

The 27-year-old's entry was randomly selected from the many completed bingo cards sent to Metro or shared on Twitter with the #MetroBingo hashtag.

In an amusing twist, Durkin is a U.S. citizen unable to vote in Canada.

She's originally from Maryland, but moved to Toronto two years ago to attend graduate school and be with her fiancee, Corey Ruth.

However, as her cleverly filled-in card attests, she's an astute observer of Canuck politics.

"I'm working and I'm paying taxes, so I'm definitely interested in what's going on," she said, adding she paid close attention to what the party leaders had to say Thursday on immigration.

Corey, who hails from Wiarton, Ont., and Durkin checked off squares on the Metro bingo card while flipping between the Canadian debate and the Republican primary debate happening south of the border.

"The Canadian debate had a much higher level of discourse," Durkin said.

LUKE SIMCOE/METRO

Kelly Durkin and Corey Ruth with their bingo card. LIZ BEDDALL/METRO

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‘A heinous and repulsive crime’

TORONTO’S DEADLY STREETS

After his son’s death, a father aims to prevent similar tragedy

Uri Samson gets up every day and puts one foot in front of the other. He goes to work, he cares for his wife, daughter-in-law and grandkids.

He trudges on despite a heart that was irreparably broken in November 2012 when his son, Tom Samson — a father, husband, brother, Grade 2 teacher, chess player and musician — was killed on his bike by a driver who left the 35-year-old lying on the road.

“We put on a good face,” says his father, who works as a physiotherapist.

But that good face stares into an empty distance.

The wound of Tom’s death bleeds again, though, each time Samson hears of another hit-and-run collision. There were at least three such incidents involving cyclists in the Toronto region in July.

Fleeing the scene knowing that you have killed someone carries a maximum sentence of life under the Canadian criminal code. But there is no minimum penalty. That is at the discretion of the courts.

For Samson, it is an unbearable injustice. He wants lawmakers to do what they have already done in Florida and apply a minimum sentence for drivers leaving the scene of a collision with a cyclist or pedestrian.

Named for a cyclist killed by a hit-and-run driver, the Aaron Cohen Life Protection Act means that, in Florida, fleeing the scene of a collision that causes death is punishable by a minimum of four years in prison.

Toronto personal injury lawyer Patrick Brown believes that 95 per cent of the time, a person who leaves the scene of a collision with a cyclist or pedestrian is an impaired driver. They take off and sleep it off so they don’t make matters worse, Brown said.

“When people leave the scene of the accident and somebody’s been hurt, yes, I think most people assume it’s likely they’re impaired, nine out of 10 times,” he said.

Uri Samson, physiotherapist in a nursing home, says he’s a broken man since his son Tom, a cyclist, was killed by a hit-and-run driver. VINCE TALOTTA/TORSTAR NEWS SERVICE

There were 477 convictions for fleeing the scene of a collision under the Highway Traffic Act in 2013, the most recent available statistics, according to the Ontario Ministry of Transportation.

There were an additional 361 convictions that year under the Criminal Code of Canada for failure to remain at the scene of a collision.

“It really is a heinous and repulsive crime,” said Brown, a cycling advocate who proposed the Ontario coroner’s Cycling Death Review published in 2012.

Failure to remain at the scene of an accident is a Highway Traffic Act offence that carries a fine of between $400 and $2,000, along with a potential six-month prison sentence.

Both Brown and Samson compare fleeing the scene to impaired driving.

“It should be a penal sentence. If it’s your second offence for impaired driving, the minimum for that is 14 days in jail. Why shouldn’t it be at least 14 days in jail? Assume you’re driving, you’ve hit somebody, you’re impaired — for whatever reason, you’re taking off. Why shouldn’t that be similar to someone who knows impaired driving is wrong, that it can cause harm to people, and that you do it a second time and you get 14 days?” said Brown.

> **“This is such an injustice, to the victim and the family of the victims.**
> Uri Samson, on Canada’s lax penalties for hit-and-runs

City council has asked the province to consider higher penalties in the Highway Traffic Act for drivers who injure or kill vulnerable road users.

“Fleeing the scene, that piece, should be a component of that,” said Cycle Toronto executive director Jared Kolb.

It’s not clear if the province is prepared to look at the city’s request. TORSTAR NEWS SERVICE

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Team Canada at the 2014 Homeless World Cup in Chile. CONTRIBUTED

Homeless World Cup teams gear up

AMSTERDAM

Showdown turns spotlight on poverty

Gilbert Ngabo
Metro | Toronto

A Toronto-born program is helping transform homeless people's lives — one soccer game at a time.

Street Soccer Canada started in 2004 as a small initiative to pull together a team for the Homeless World Cup. It has since grown into a network of more than 20 soccer programs, reaching a dozen cities nationwide.

Each of the programs is comprised of teams whose players are homeless.

"There's not a lot of conversation, energy and fun in shelter systems," coach Phil Ruicci said. "We've seen a lot of guys come to us when they're on a downward spiral."

The program peaks each year at the Homeless World Cup, bringing together more than 70 countries for a showdown that turns the spotlight on poverty and homelessness.

This year's tournament starts Sept. 12 in Amsterdam, and coaches are in the process of picking eight players to represent Team Canada.

They'll be selected from teams across the country based partly on talent but mainly on positive changes players have made in their lives, Ruicci said.

Street soccer has proven a source of recovery for many people struggling with issues like addiction or depression, and many former players are now program leaders, said Paul Gregory, a housing advocate who founded Street Soccer Canada.

"Creating a sense of community and social connections for them is the first step for us," he said. "With sports, they're putting a better drug into their body."

DONATIONS

Call to action

— The Homeless World Cup covers accommodations for players while they're at the tournament, but Team Canada is still looking for donations to cover the flight to Amsterdam.

— You can help by donating through their Indiegogo campaign.

PARAPAN AM

Rower says Games are not over yet

In the midst of the ongoing Parapan Am Games, one thing keeps bothering Olympian rowing champion Victoria Nolan.

"I've heard on the radio and in the news, people saying things like 'now that the games are over, was it worth it?'" said Nolan, a visually impaired rower who won gold at the 2010 World Rowing Championship in New Zealand.

"And I'm thinking, well, they are not over yet."

It's the same feeling she's always had, whether it is the Olympics or the Pan Am Games: right after the able-bodied sports are over, momentum and interest goes down.

"I've competed in two Paralympics and in both cases we definitely didn't receive as much attention as the Olympic athletes," she said. "People just see us as 'oh, that's nice you get to participate'. It's not like that at all."

> **People just see us as 'oh, that's nice you get to participate'. It's not like that at all.**
> Victoria Nolan

She would like people to recognize that para sports are extremely competitive. Para athletes train as much, if not more than other athletes, and deserve the same attention, she said.

Nolan is one of six para athletes whose stories of struggle, passion and determination were used to produce a new piece of theatre opening this week at the Panamania.

Based on lengthy interviews with these athletes, PUSH! explores triumphs and challenges in both athletic competition and the fight for disability rights. The players perform the script themselves, in a seated opera format.

"These are exceptional people and it is important that we appreciate the challenges they face," said Eliza Chandler, artistic director at Tangled Art + Disability, which produced the play.

And it's not just about challenges related to their bodies, she said. Para athletes are often subject of discrimination, and they face a lot of economic barriers. PUSH! hopes to shine a light on these challenges so they can be properly addressed, she said.

"What I love about this play is that it celebrates diversity," she noted.

PUSH! runs from August 11 to 14 at the Michael Young Theatre in the Distillery District.

GILBERT NGABO/METRO

Victoria Nolan, a two-time Paralympian and rowing gold medalist. CONTRIBUTED

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Uproar over city crime tip plea

MUZIK SHOOTING

Crime Stoppers criticized for Drake appeal

Luke Simcoe
Metro | Toronto

Toronto Crime Stoppers' appeal for Drake to help solve last week's deadly shootings at Muzik isn't sitting well with members of the local black community.

It's unfair — and potentially racist — to expect a response from the musician, some say.

"It's a guilt by association tactic that happens specifically with the black community," said Desmond Cole, a journalist and commentator on racial issues in Toronto.

"Black people don't get to be individuals when crime happens," Cole said. "When it happens, we become part of a group who are all talking to each other or only listen to other black people — which is a very racist idea."

Two people were fatally shot in separate incidents outside the club early Aug. 4, following an after-party for Drake's OVO Fest. Although there were some 4,000 people in attendance, police have yet to name a suspect.

Neither Drake nor the OVO label have commented publicly on the crime. Crime Stoppers reached out to the rapper Thursday asking him to encourage anyone with information to come forward.

"We do believe that through his voice and through his influence that we can generate tips," Chris Scherk, the co-ordinator of Crime Stoppers, said in a video that was shared widely on social media, including by Toronto police.

Andray Domise, a community activist in Rexdale, said it's unlikely Crime Stoppers would have made the same appeal to a white artist.

"It's not like they're going to look at Sam Smith and say 'Can you talk to all your white friends,'" he said. "Or be like 'Hey, Chad Kroeger, can we get some help over here?'"

University of Toronto sociologist Jooyoung Lee has studied the relationships between hip-hop culture and gun violence in the U.S. While he empathizes with the difficulties police face in solving such crimes, he understands why some could see the Drake appeal as problematic.

"It's a totally reactionary narrative," he said. "It elides the root causes of violent crime, which are often created by structural violence against certain communities."

Muzik tweeted this picture of Drake on Aug. 3 to promote the OVO Fest official after-party. It was one of the last tweets from the club's account before the shooting. TWITTER.COM

MAKING PEACE

A different approach?

Sociologists Jooyoung Lee, Andray Domise and Desmond Cole each suggested that if Crime Stoppers and the Toronto police want Muzik witnesses to come forward, they could start by repairing a relationship with the black community that has been damaged by the practice of carding.

"The community they need help from is a community they're treating very badly," Cole said.

METRO

TORONTO MARRIOTT

Police identify man shot near hotel

The Toronto police Homicide Squad on Sunday was investigating after a man was fatally shot in front of a downtown hotel early Sunday.

Police identified the victim as 27-year-old Kabil Abdulkhadir.

Toronto police and paramedics were called to the Dundas St. W. and Bay St. area around 2:45 a.m. after reports of gunshots.

Paramedics found a man with gunshot wounds in front of the Toronto Marriott Downtown Eaton Centre Hotel. He was pronounced dead on scene.

No suspects have been arrested. Due to reports of a "series" of gunshots, Det.-Sgt. Joyce Schertzer said it is possible that there were multiple shooters.

Det. Schertzer urged all witnesses to contact police with any information they may have.

TORSTAR NEWS SERVICE

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Reporter 'rattled' by live on-air kiss

SQUAMISH, B.C.

RCMP looking for tips from public to help identify man

Another television reporter doing a live report received a jarring distraction after a man kissed her on the cheek.

CBC reporter Megan Batchelor was covering a music festival in Squamish, B.C., north of Vancouver, on Friday when the incident happened. She was doing a live hit for the network's 6 p.m. newscast when video the network aired shows the man came up from behind, kissed her on the cheek and took a selfie.

The CBC quotes Batchelor as saying she was "rattled" by the encounter and felt like the unidentified man was trying to interfere with her ability to do her job.

The broadcaster is reporting that Batchelor has made a complaint to the RCMP and the network is asking anyone who knows the identity of the man to contact police.

CBC reporter Megan Batchelor said she felt like the stranger who kissed her while she was covering a music festival in B.C. was trying to interfere with her ability to do her job. TWITTER

> **We really have no other recourse than to seek the assistance of the public.**
> Staff Sgt. Brian Cumming

The CBC said in a statement on Sunday that Friday's incident is another example of a disturbing trend and the network will do everything it can to ensure its journalists are safe when reporting from the field.

The RCMP says it has taken statements from Batchelor, a CBC cameraman and a witness, but the head of the Squamish RCMP detachment said tips from the public would be key in helping police to identify the man. "We really have no other recourse than to seek the assistance of the public," said Staff Sgt. Brian Cumming.

It's unclear what charges might be laid in the case — Cumming declined to speculate, noting that in British Columbia unlike other provinces, police must refer the case to the Crown and prosecutors decide on laying charges.

THE CANADIAN PRESS

DISTURBING TREND

Incidents increasing

There have been a number of incidents recently where female television reporters have been the subject of abuse from people passing by. An employee with the Ontario electrical utility Hydro One was let go earlier this year after he shouted crude remarks to a Toronto Citytv reporter.

MEMORIAL FOR CECIL ARTIST PAYS TRIBUTE TO SLAIN LION Brian Gasenzer of Winnipeg painted his Arlington Street home's garage door with a tribute mural to Cecil, the African lion killed in an illegal hunt in July. DONNA MAXWELL/FOR METRO

IN BRIEF

Officials warn about outbreak of Cyclospora

Public health officials are warning about an outbreak of the intestinal illness Cyclospora, with 83 cases being investigated across Canada.

The Public Health Agency of Canada has issued a statement that says two people have been hospitalized from the parasite but no deaths have been reported.

The cases became known between May 9 and July 18 and are mainly in Ontario, but there are also some infections in B.C., Alberta and Quebec.

The agency says the source is unknown but past outbreaks of Cyclospora have been linked to various types of imported fresh produce, such as pre-packaged salad mix, basil, cilantro, berries, mesclun lettuce and snow peas. Cyclospora is generally low-risk and can be cured with antibiotics, but people with weakened immune systems, children and the elderly are at increased risk of developing complications. Symptoms include stomach cramps, diarrhea and loss of appetite. THE CANADIAN PRESS

FEDERAL ELECTION

McQuaig reveals NDP's agenda: PM

With the shadow of the Mike Duffy trial looming larger than ever, Stephen Harper is kicking off week two of the federal election campaign with a headline-grabbing effort to crack down on homegrown terror threats.

Harper, keen to show off his bona fides as the experienced incumbent, promised to make it a crime for Canadians to travel to specific countries or regions where they could fight alongside groups officially identified by the government as terrorist organizations.

Harper volunteered an answer to a question he wasn't asked, reacting to remarks made last week by "star NDP candidate" Linda McQuaig, who told a CBC panel discussion that for Canada to meet its climate change targets, "a lot of the oilsands oil may have to stay in the ground." The comments contrasted with those of NDP leader Tom Mulcair, who has been open to oilsands development provided there is rigorous environmental protection and legislation to force oil companies to pay for pollution they create. Mulcair does, however, support a west-to-east pipeline for moving crude to market.

"That is the NDP's not-so-hidden agenda on development," Harper said.

Duffy is due to be back in court on Wednesday as Nigel Wright, Harper's former chief of staff, takes the stand.

When Justin Trudeau was asked at a campaign event in the Ottawa-area on Sunday about how Wright's pending appearance might change the dynamic of the election campaign, the Liberal leader called it a reminder of Harper's "lack of respect for democracy and of his extremely poor judgment."

THE CANADIAN PRESS

LEADERS

Where they are today

- Prime Minister Stephen Harper is due to be in Brampton, Ont.
- NDP Leader Tom Mulcair is scheduled to be in Toronto.
- Liberal Leader Justin Trudeau will be in Montreal.
- Green Party Leader Elizabeth May will be heading to Squamish, B.C.

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RELIGION

Catholics divided on gays

Pope Francis refined his vision for the church last week when he said long-spurned divorced and remarried Catholics should be welcomed with "open doors." And he has famously parsed centuries of thought on homosexuality into a five-word quip: "Who am I to judge?"

Yet the Archdiocese of Philadelphia opened its door only briefly when married gay teacher Margie Winters, trailed by supporters, arrived Monday with 23,000 petitions seeking reinstatement to her job at a Catholic elementary school.

Winters, 50, lost her job at Waldron Mercy Academy in June after a parent complained about her 2007 marriage to a woman. Her case highlights the shifting fault lines over gays in the church — and in church workplaces — just before the pope visits Philadelphia next month for the World Meeting of Families.

Jesuit-run Fordham University is standing by its theology chairman, whose same-sex marriage made the New York Times wedding section this year, while Seton Hall University, with ties to the Newark, N.J., archdiocese, recently dismissed a chaplain who denounced gay bullying and later came out as gay.

Around the U.S., more than 50 people have reported losing their jobs at Catholic institutions since 2010 over their sexual orientation or identity, according to New Ways Ministries, an advocacy group for gay, lesbian, bisexual and transgender Catholics based in Mount Ranier, Maryland.

THE ASSOCIATED PRESS

Haitian elections marred by violence, delays, fraud

DEMOCRACY

Legislative elections nearly four years late

Haitians were electing legislators to Parliament Sunday after a years-long wait, but the vote was plagued with delays, disorder and occasional fist fights and rock throwing.

The legislative elections had been postponed for nearly four years due to a political showdown between Haiti's executive and opposition, and they have been billed as a crucial test of the country's electoral system ahead of a presidential vote in October. Sunday's first round seeks to fill two thirds of the 30-member Senate and the entire 99-member Chamber of Deputies.

But a number of polling stations across the country of 10 million people had to wait for ballots hours after voting was supposed to start at 6 a.m. In sections of Port-au-Prince, voters grew exasperated after being told they couldn't cast ballots because their names weren't on official voting lists.

"This is very frustrating. Are they trying to discourage voting?" gardener Gerald Henry complained to a reporter after election workers turned him away.

In the crowded capital, at least three voting centres were shut down by authorities after fist fights broke out as partisans attempted to stuff ballot boxes and engage in other irregularities. At one voting centre in downtown Port-au-Prince, groups of young men ripped up paper ballots as heavily armed police shot into the air to re-establish order. Rocks were thrown in response before authorities closed the polling station.

Local media also reported the closure of polling places in other sections of the country and scattered arrests of people accused of voting more than once. Observers from various political parties complained election officials did not give them access to voting centres.

Still, Haitian Prime Minister Evans Paul said the government was satisfied with how the legislative elections were being handled, "despite the incidents that we would like to firmly condemn."

Roughly 5.8 million people were registered to vote and over 1,850 candidates from nearly 130 political parties were running.

THE ASSOCIATED PRESS

A man rips an election ballot after authorities closed a voting centre following fistfights that broke out inside during parliamentary elections in Port-au-Prince, Haiti, Sunday. DIEU NALIO CHERY/THE ASSOCIATED PRESS

> **Are they trying to discourage voting?**
> Gerald Henry

TECHNOLOGY

3D printing gives hen new leg

Keela Sweeney
Metro in Boston

Cecily, a Boston chicken amputee, underwent the first phase of her surgery to make a 3D printed prosthetic leg this past week.

Cecily was born with a torn tendon in her right leg that made walking extremely difficult. When the hen's owner brought her in to an animal specialist they were given two options: put Cecily down, or pay for the prosthetic leg.

Cecily's owners decided that the it was worth the $2,500 US for a new leg.

"We decided it was worth splurging for the rehabilitation because we love our hens," Patrick Crozier told the Boston Globe. "They are more than just egg-layers. We help them so they can live as long as they can. They become part of the family."

After her series of surgeries and full re-coop-eration Cecily will be returned to the Black Thistle Farm in Clinton, Mass., where her original owners, the Martin family ,will take care of her chicken leg, breasts and thighs.

> **We help them so they can live as long as they can. They become part of the family.**
> Patrick Crozier

Cecily and her new leg. BOSTON GLOBE

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ADVANCING GENERICS

Techies crawl to the top

ROBOTICS

B.C. company's agile robots explore where humans can't

What started as a fun project for two techies on Vancouver Island more than 25 years ago has now become an industry leader in robotic crawlers.

Inuktun Services Ltd.'s remotely operated vehicles, or ROVs, have combed through the radioactive wreckage of a tsunami-hit nuclear plant in Japan, assisted in search and rescue efforts after the Sept. 11 terror attacks, and are being used by the U.S. military.

But despite its international success, the Nanaimo, B.C.-based company remains little known at home.

That's largely because most of its products are sold outside of Canada, said company CEO Colin Dobell.

"We're not really well-known locally and that's OK," he said in a phone interview from the company's head office on Vancouver Island.

"We're more export than anything ... oil and gas and nuclear would be our two biggest markets. But we get into a lot of other kind of oddball stuff too that we never even imagined our equipment would be used for."

Inuktun's agile robots are used to access confined spaces and hazardous environments that humans can't.

Their clients range from Pacific Gas and Electric Co., which used crawlers to inspect inside a natural gas pipe after a fatal pipeline explosion in California five years ago, to Starbucks, which bought cameras to inspect coffee beans on a conveyor.

Earlier this year, Inuktun announced it was sending a custom snake-like crawler to the Fukushima Daiichi Nuclear Power Plant to assess the damage from 2011's massive earthquake and tsunami.

But Dobell said the most compelling stuff is top secret. The company is kept quiet by big-name clients that don't want the public to know what they're using the technology for.

When Inuktun began in B.C. in 1989, its owners had no idea they would be signing non-disclosure agreements with some of the world's most prominent organizations.

Dobell said that part materialized "largely by accident," after Inuktun's co-founders Terry Knight and Al Robinson — both now retired — started the company "as kind of a fun project to take them into retirement." THE CANADIAN PRESS

Colin Dobell, president and CEO of Inuktun Services — a maker of modular mobile robotic crawler vehicles, based in Nanaimo, B.C. — stands with the Versatrax Vertical Crawler and the Versatrax Controller. CHAD HIPOLITO/THE CANADIAN PRESS

> **We're not really well-known locally and that's OK.**
> Colin Dobell, CEO of Inuktun Services Ltd.

KEYSTONE XL

Company plans for pipeline rejection

The Canadian company involved in the controversy-plagued Keystone XL pipeline project has begun planning its response to an anticipated rejection of the project by U.S. President Barack Obama.

In its public statements, TransCanada Corp. is expressing hope he might still approve the pipeline, which over the course of its years-long delay has become an irritant between the U.S. and Canadian governments.

But people close to the project say the company has become all but convinced a rejection is imminent based on signals the White House is sending publicly and privately — and it's now considering the next move.

One possible response is a challenge under the North American Free Trade Agreement to recoup damages from the U.S. government. Another is immediately re-filing a permit application with the U.S. State Department before the 2016 presidential election.

One source involved in the project said company lawyers are being consulted on the mechanics of a NAFTA challenge, and weighing the legal and political implications.

He said the main suspense now is how Obama will make his big announcement — quietly, in a mid-summer Friday afternoon statement, or boldly from a platform like his upcoming Aug. 31 trip to a climate-change conference in Alaska.

"There's a broad acceptance that the decision's been made," he said, adding that different White House employees had suggested a rejection's coming.

The pipeline is also being fought in court in Nebraska. One of its opponents there said TransCanada should just let it go.

"No matter what they try, not an ounce of TransCanada's toxic pipeline will touch Nebraska's soil," said Jane Kleeb. "At some point, TransCanada's investors are going to fire the CEO for wasting billions of dollars and years on a pipeline going nowhere." THE ASSOCIATED PRESS

> **Not an ounce of TransCanada's toxic pipeline will touch Nebraska's soil.**
> Jane Kleeb, opponent of the pipeline

UBER

Sex-assault suspect had fake city permit

Ride-sharing service Uber says an internal investigation found it mistakenly granted driver status to a man now accused of sexually assaulting a female passenger.

WFAA-TV of Dallas-Fort Worth reports Uber Dallas general manager Leandre Johns revealed the problem in a letter to Dallas code compliance officials.

Johns said Talal Ali Chammout presented a fake city permit to obtain Uber approval as a driver. He said because the permit was accepted as genuine, Uber thought he had already passed a city background check, so the company did not perform one of its own.

Officials say Chammout would have failed the Dallas background check due to a felony on his record. Records show Chammout was released in 2012 after serving time on a federal weapons charge. THE ASSOCIATED PRESS

IN BRIEF

Carphone Warehouse starts cyberattack probe

British cellphone retailer Carphone Warehouse has launched an investigation after personal details of up to 2.4 million customers may have been accessed after the company was hit by a cyberattack.

The company also said up to 90,000 customers may also have had their encrypted credit card information accessed. The security breach could have included names, addresses and bank details. THE ASSOCIATED PRESS

China's consumer inflation up marginally in July

China says consumer inflation edged up to a still-low 1.6 per cent year-on-year in July, which leaves room for Beijing to cut interest rates or take other steps to stimulate slowing economic growth.

The inflation rate rose from the previous month's 1.4 per cent, driven by a jump in pork prices. The National Bureau of Statistics said Sunday that costs also rose for medical care, tobacco and pre-school education. THE ASSOCIATED PRESS

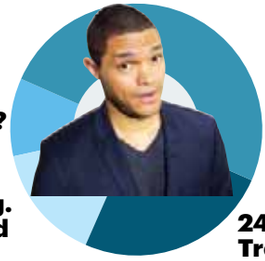
metro VIEWS
Your essential daily news
Monday, August 10, 2015

POLL: FAREWELL JON STEWART

Jon Stewart made a career of skewering U.S. politics and media on The Daily Show. Over 16 years, what started as a parody of a nightly newscast became one of the nation's most trusted sources of news — at least for liberals and progressives. We asked our readers about Stewart's next step (many are hoping it's the White House!) as Trevor Noah takes the reins.

WHAT SHOULD JON STEWART DO NOW?

WHO WILL YOU TURN TO FOR NEWS?



Who was your favourite Stewart target?

29% CNN
23% SARAH PALIN
23% DICK CHENEY
13% GLENN BECK
12% ARBY'S

333 RESPONDENTS

Answer our poll every Friday at metronews.ca

To fight for Toronto, Tory needs to pick a side

TORY'S TORONTO

Matt Elliott

In the early days of a federal campaign that will feel really long unless you happened to cover last year's mayoral election in Toronto, John Tory laid out his strategy for the politics-heavy months ahead.

His priorities, the mayor said, are securing money for transit and affordable housing.

Fine priorities, no doubt, but Tory also made it clear he wouldn't be wading too far into the electoral fray to push the parties on these issues.

"I'm the mayor of all the people, and it's my job to get the best deal for Toronto and not to get involved in the campaign," he explained to reporters.

Two days later, we got an indication of how effective that strategy will be in getting federal leaders to talk about Toronto's issues. At last Thursday's federal leaders debate, there was no talk of Tory's priorities.

Nothing about transit funding. Nothing about affordable housing. Nothing about municipal infrastructure. Nothing about Canadian cities at all.

It was just one debate, sure, but it wasn't a great omen for the remainder of the campaign. Despite Toronto's importance as an electoral battleground, I fear the issues critical to Toronto's future will be overshadowed by talk of other things: oil, the senate, etc.

To ensure that doesn't happen, Tory should recalibrate his strategy. This is no time to be passive. Toronto needs a mayor that will use this prolonged campaign to actively push the federal parties on municipal issues.

That'll mean being vocal. It'll mean being relentless. It'll mean being kind of annoying, probably.

It might even mean making an endorsement.

Last week, Tory again ruled out the idea of formally endorsing any of the federal parties. He cited the same reasons he always does: The need to work with whoever gets elected and a desire not to alienate Toronto voters by appearing partisan. (That's what he means by his "mayor of all the people" stuff.)

I've never really understood it. A formal endorsement — especially coming from a popular mayor like Tory — is something all the federal parties would like to have. Which means Tory can use his endorsement for leverage: to get promises on the issues he cares about it.

I see nothing partisan or alienating about Tory taking the next couple of months to challenge all the party leaders on their policies, and then making a reasoned endorsement based on who's got the best plan for Toronto. Leave partisanship out of it — policy is all that matters.

Toronto needs a mayor that will use this prolonged campaign to actively push the federal parties on municipal issues.

In fact, it would be a missed opportunity not to do it. A measured endorsement might be the only surefire way to bring Toronto's most pressing issues to the forefront.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

metroview

Columns come in a few finite forms. Here's a cheat sheet

We've reached Peak Opinion.

I say that with authority because every day I file into the cacophony columnist melting pot/Twittersphere/Internet-universe/Facebook-land and languish among the Tabatha Southeys and Jessica Valentis. And, of course, the men — also known as two thirds to three quarters of all columnists.

But all that chinwagging doesn't have to confuse. Despite the perpetual spew, columns come in a few finite forms. Here is your cheat sheet.

The Hot Take: To quote the New Republic quoting Salon's Simon Maloy, "A hot take is a piece of deliberately provocative commentary that is based almost entirely on shallow moralizing."

The Comic Angry: A scathing column with metaphors more grandiose than Donald Trump on a gold toilet on an elephant on a rocket in space yelling "I don't need anybody's money!"

The Why This is Wrong: Take a controversy, pick a side and say why the other is wrong, or why they're both wrong, or why the reader is wrong to think one of them is wrong.

The We're All Feminists Here: Ask women celebrities to play nicely, because even if they hate each other, we should all hate patriarchy more. Vive la feminist dream!

The Slice of Life: Something mildly interesting happened to me the other day, and now you're going to hear about it.

The Me vs. Trend: There's a new trend. This is why it's stupid, or great, or why you're stupid for doing it, or stupid for not doing it.

The You Should Know About This: Something important is happening in the world, but Kim Kardashian gave birth again so you haven't heard yet. It could be happening close to you, or far away, but you should know because, like I said, it's important.

The We Take Celebrity Too Seriously: Self-explanatory.

The Satire: I don't mean a word of this.

The Reasoned View: There's fierce debate over an issue, but the correct view is to tread the middle ground, cherry pick from both sides and blend into a position both lucid and impossible to act from.

The Life is Good: Amid the wars and corporate greed, this individual has done something inspiring/extraordinary/life-fulfilling. So cheer up.

The Epiphany: Here I share an experience that clarifies one of the meanings of life. You're welcome.

Peak Opinion, unlike other peaks, will not edge off into a decline. It's more a plateau. But at least you can now say, 'Hey! She's just doing the We Take Celebrity Too Seriously!' shrug, stop reading and enjoy your day.

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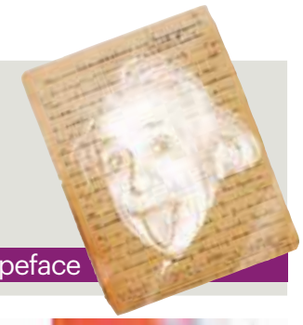

Font of knowledge — Einstein's handwriting turned into typeface

The young and the not-so-sober

ISTOCK

ALCOHOL ABUSE

Marry young and you could bypass binge drinking: Study

Problem drinking tends to decrease with age for many individuals, but a new study says marriage could allow young people with a tendency to abuse alcohol to bypass an unhealthy phase.

While social scientists and psychologists would have once said that binge-drinking young adults are not ready for marriage and should learn to curb their habit before tying the knot, this U.S.-based research team has another perspective.

"Confirming our prediction, we found that marriage not only led to reductions in heavy drinking in general, this effect was much stronger for those who were severe problem drinkers before getting married," says Matthew Lee of the University of Missouri.

Springboarding off a theory that Lee describes as the "role incompatibility theory," the team hypothesized that the most severe of problem drinkers must make the most dramatic changes in order to adapt to the demands of married life.

ROLE INCOMPATIBILITY THEORY

The most severe of problem drinkers must make the most dramatic changes to adapt to the demands of married life.

Behavioural change, says Lee, is one way to resolve incompatibility with a new role such as that of a husband or wife.

The team established that the older people got, the less they drank.

This effect was even more pronounced for those who were problem drinkers before marrying, according to the study, whose hypothesis was thus confirmed.

"We believe that greater problem drinking likely conflicts more with the demands of roles like marriage," says Lee. "Thus, more severe problem drinkers are likely required to more substantially alter their drinking habits to adapt to the marital role."

The study brings to light the concept of lifestyle roles as a driving force behind reducing alcohol consumption.

The research team believes that with further studies, they could uncover key insights that could change our approach to young people who abuse alcohol.

The study was published in the journal Alcoholism: Clinical and Experimental Research. AFP

HANGOVER CHIC

New beauty trend: looking like you had too much to drink

Being drunk or hungover isn't usually regarded as a great beauty look, but all that is changing thanks to a new Asian trend. "Hangover makeup" is the latest look to hit social media, with girls in Japan and Korea uploading photos of themselves on Instagram intentionally looking like they've just come home from a big night out.

Eye bags are traditionally seen as something to try to hide, cover up or zap in the West, but puffy peepers form an integral part of this hot new look, with some women going so far as to contour their under-eye area to make it appear bigger. This is particularly popular in Korea, where puffiness is seen as pretty.

Blush applied directly under the eyes to give the impression of being tired is also a key part of the trend, especially in Japan. Instagram users like @matilda_xy have been demonstrating how a thick sweep of blush above the cheekbones results in the sort of tired, slightly feverish esthetic that only a hangover can bring about. Instagrammer @mavis_guo shows how the look can be paired with pale skin and a slightly shiny eye for that "just woke up" vibe. AFP

INSTAGRAM

PROBLEM DRINKING

Millennials take to online sobriety aid

While face-to-face meetings are more effective than online groups when it comes to curbing alcohol abuse according to a survey presented last week at the American Psychological Association's convention in Toronto, the use of web-based sobriety support sites is steadily growing.

Wayne Skinner, a clinical director in the addictions program at Toronto's Centre for Addiction and Mental Health (CAMH), called the findings interesting and a basis for further research.

He suggested there is undoubted value in people with addictions getting together for group support, but the Internet does offer an alternative for those unable or unwilling to go that route.

"This is where I think online has an advantage," said Skinner, who was not involved in the research. "When we're trying to set up support groups for family members or clients in recovery, you have to have a certain time, a certain place and enough people to come.

"That's often a barrier."

He said the ability to offer peer support to an extended group of people is a powerful dividend from the technology — and one that more and more young computer-savvy people will likely embrace in the future, he said.

While lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., worries about the future of face-to-face meetings, he does acknowledge the benefits of online support.

"The idea that it is available 24-7-365 is phenomenal," he said, noting that the Internet also allows people who are geographically isolated or have psychological or physical disabilities to connect with others.

"They can finally get help instead of being desperate and alone," said Grant, who advocates regular attendance at meetings, buttressed by online support when a person needs it to either get sober or to stay sober.

THE CANADIAN PRESS

"The idea that it is available 24-7-365 is phenomenal.

Don Grant on the benefits of online support

Eat well, spend less: Author shares tips

Emily Wight, above, insists you don't have to break the bank to eat tasty, healthy meals. TRACEY KUSIEWICZ/HANDOUT

COOKING

Cookbook inspired by Vancouver mom's blog

Emily Wight insists you don't have to break the bank to eat well.

Her new cookbook, Well Fed, Flat Broke: Recipes for Modest Budgets and Messy Kitchens (Arsenal Pulp Press), stems from a blog she began writing after graduating from university.

"It was the perfect subject matter for the times," Wight says.

"Student loans were about to become payable and I was still just getting into full-time work.

"It seems to appeal to people because a lot of us are in the same boat. You don't want to sacrifice taste and you want to look forward to your meals, but on the other hand, you've got your rent to pay, your daycare to pay and it's expensive."

Now the 32-year-old is balancing a career in communications at the University of British Columbia and motherhood, with toddler Hunter, who will be four in November. But she eked out enough time to write her book, with tips and recipes gleaned from years of frugality.

"You don't have to have expensive ingredients to make a satisfying meal. I find I can make a perfectly delicious pasta sauce with canned tomatoes that are the no-name brand, so you don't feel you have to go out and buy the most expensive thing in order for it to be good," she says from Vancouver.

"You can have delicious and luxurious and satisfying meals on a budget."

To control her spending, her food budget has its own bank account.

She reads flyers and shops at stores that offer mobile apps.

"They make it really easy and convenient to use their coupons and stretch your dollar a little further with points programs."

She also buys locally as much as possible.

"Little farm stands and farm markets are a great place to get good value on your produce. The same goes for some of the Asian markets or ethnic markets in your community, because a lot of those places will be bringing in produce at quite a good price as well."

The latter are also a great source for condiments and sauces to liven up a simple recipe.

"A little bit of fermented bean paste, for example, makes green beans something really different and a little kimchee goes a long way."

The spicy fermented Korean side dish can be tossed into fried rice or pancakes or can accompany a rice and lettuce wrap.

Buy meat in bulk when possible, she advises.

"The butcher is really great because you're not getting that grocery store markup and you're also getting the expertise," Wight says.

If you have the space, a chest freezer is ideal for storing bulk buys. Wight bought hers on Craigslist for about $25.

"It's not nice looking. But it's a great way for us to economize and my husband hunts and fishes so we pack up the freezer."

She also likes to make one-pot dinners that will provide enough to have leftovers for lunch the next day.

"Something like a lentil sloppy joe heats up pretty nice the next day at work, or sometimes a curry or a dal, I can just pile it over rice and eat it at work or send it to daycare for Hunter."

Wight remembers only too well juggling tuition and rent as a student. In early fall, before life heats up with assignments, she suggests that students stock up for winter, when items like onions, squash and potatoes are cheaper and of good quality. THE CANADIAN PRESS

WORKPLACE

How to manage workload when colleagues go on vacation

OFFICE RELATIONS

Eleni Deacon

When you're on vacation, your work should feel miles from your mind. But for your colleagues stuck back at the office, your work could cause double-duty pressure.

Filling in for absent coworkers inevitably means more tasks — but it doesn't have to mean more stress.

Before you hop on a plane, make a plan. Establish which of your colleagues will be responsible for your assignments, then walk them through any unfamiliar processes. This conversation should not be saved for 4:30 p.m. on your final day (at which point you'll already be deep into crack-a-Corona mode).

Keep your to-do list doable. Your vacation is not an opportunity to saddle someone else with that finicky project you keep putting off. Set priorities, and only assign the must-get-done jobs. Provide clear, written instructions for how and when each component must be completed, and address how to handle any snags. No one wants to answer emails while they're away. Properly brief your understudy, and you'll have no reason log in.

If you're the one stuck at your desk, get proactive about your impending workload bump. Before your colleague scoots to the cottage, ask all your questions and make sure you feel confident covering their tracks. Answering emails on vacation is bad. Even worse: emailing your vacationing coworker with persnickety queries you should have addressed before they left.

When your plate is already heaping, extra chores can feel extra annoying. But your coworker's absence is actually an opportunity. If they perform different duties, deal with different clients, or have a different role altogether, this is a chance to pick up new skills and gain a deeper understanding of your organization. Think of it as a time to test-drive another job. You'll learn what you like — and what you don't enjoy, you won't have to do for long.

No one can do someone's job exactly like them. But if everyone preps and tries their best, this phase should pass without chaos. Then the traveller can focus on being away — not what's happening back at work.

IN BRIEF

Your guide to America's most underpaid CEOs

The U.S. Securities And Exchange Commission recently ruled that public companies disclose the ratio of the CEO's pay to that of the average employee. Here's a list CEOs whose annual salary is a whopping dollar:

• Kinder Morgan CEO, Richard Kinder, even reimburses the company for his expenses, like parking and health-care premium.

• Whole Foods Market Co-CEO, John Mackey, cut down his salary to $1 and limited stock options six years ago. Whole Foods caps executive pay at 19 times the average employee.

• Co-Founder of Google, Sergey Brin's annual income dropped to $1 when the company went public in 2004. CEO of Google, Larry Page, also received an annual paycheck of $1, though his Class A and Class B shares in stock wouldn't reflect this meager income.

• Fossil Group CEO, Kosta Kartsotis, doesn't even receive a dollar. His annual salary beats all the rest at $0.

It's important to note that annual salary does not equal annual compensation. Their net worth still makes these CEOs very rich people. HADLEY BOLTRES/METRO IN NEW YORK

Vice digital staff unionize

Vice Media's digital editorial staff are joining a union — the latest in a wave of digital staffers voting to unionize.

The Writers Guild of America, East, said Friday that the next step is negotiating a collective bargaining agreement with Vice management. Vice CEO Shane Smith said he supported the writers' decision to unionize. "As an old, grey-haired man all I want is for my beautiful Vice family to be happy — those writers who voted to unionize and those who did not," he said in a statement.

Begun in 1994 as an alternative magazine, New York-based Vice Media has expanded into a global media company with offices in 30 countries and online news and video channels.

Over the summer, Gawker Media, Salon and Guardian U.S. staffers joined the same union. THE ASSOCIATED PRESS

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ZONING IN

TIME IS ZIPPING BY TO VISIT ONTARIO'S CELEBRATION ZONE

The Beaches will play at Ontario's Celebration Zone Main Stage Thursday, Aug. 13. CONTRIBUTED

Since the opening of the Pan Am Games, Ontario's Celebration Zone at Harbourfront has been abuzz, showcasing the very best Ontario has to offer with free massive concerts, diverse entertainment, a local farmers' market and endless thrills.

Join more than 300,000 people who have been amazed at the Zone's free entertainment and delighted with the incredible Ontario menu.

Ontario's Celebration Zone is open daily from 10 a.m. to 10 p.m. The curtain comes down on the evening of Sunday, Aug. 16, so make a straight line to the Zone this week.

TEST YOUR ADVENTUROUS SIDE: The Zone features a free 400-foot accessible zipline (the first in Ontario), a 40-foot rock climbing wall and the exciting Adrenaline Jump.

INDULGE YOUR INNER FOODIE: Chef demonstrations and tastings from local breweries and wineries.

FIND YOUR FIT
Pumped Up Mornings offers a free outdoor group workout class from 10:30-11:30:
Monday, Aug. 10: Outdoor yoga — bring your own yoga mat.
Tuesday, Aug. 11: Qigong. Body, breath and mind meditation exercises.
Wednesday, Aug. 12: Pilates. Bring your own yoga mat.
Thursday, Aug. 13: Get moving to a dance-based workout.
Friday, Aug. 14: Boot camp, provided by Paul's Integrity Fitness.

The Strumbellas hit the WestJet Stage Tuesday, Aug. 11. HEATHER-POLLOCK PHOTO

MARKET FRESH
Are you looking to sample local fare and take home the best Ontario has to offer? This Wednesday at 4 p.m. in Ontario's Celebration Zone, the Ontario Fresh Farmers' Market features wares from artisans, farmers and wineries.

Here's what's happening over the next few days:

MONDAY, AUG. 10
All day — Try wheelchair racing, presented by the Canadian Paralympic Committee.
3 p.m. — Québécois Cajun/bluegrass band Canailles, presented by the Province of Quebec.
8:30 p.m. — Great Lake Swimmers perform on the Main Stage.
8:30 p.m. — National Academy Orchestra with Rita Chiarelli live on the WestJet Stage.

TUESDAY, AUG. 11
Noon — Chef demonstration with barbecue expert and cookbook author Ted Reader.
2:30 p.m. — St. Jamestown Youth Centre Steel Orchestra performance.
8 p.m. — Stella Ella Ola & Ain't No Love performances on the Main Stage.
8:30 p.m. — The Strumbellas hit the WestJet Stage.

WEDNESDAY, AUG. 12
12:30 p.m. — The National Ballet of Canada's YOU Dance workshops for kids aged 5-12.
7 p.m. — Mississaugas of the New Credit. Drumming, singing and dancing by Host First Nation artists.
8:30 p.m. — Le Groupe Swing live on the Main Stage.

Boris Brott will conduct the National Academy Orchestra Monday, Aug. 10. CONTRIBUTED

THURSDAY, AUG. 13
11:30 a.m. and 1:30 p.m. — Interactive theatre by Single Thread Theatre Company from The Great Waterway.
12:30 p.m. — Chef demonstration by David Ort, author of The Canadian Craft Beer Cookbook.
2:30 p.m. — Stand-up comic Marc Hallworth, winner of the Billy Crystal Sketch Award, performs.
8 p.m. — Brave Shores and The Beaches hit the Main Stage hot off their recent performances at WayHome.

FOR MORE INFORMATION ABOUT ONTARIO'S CELEBRATION ZONE, VISIT ONTARIOTRAVEL.NET AND FOLLOW ALL OF THE ACTION ON TWITTER @EPICISON.

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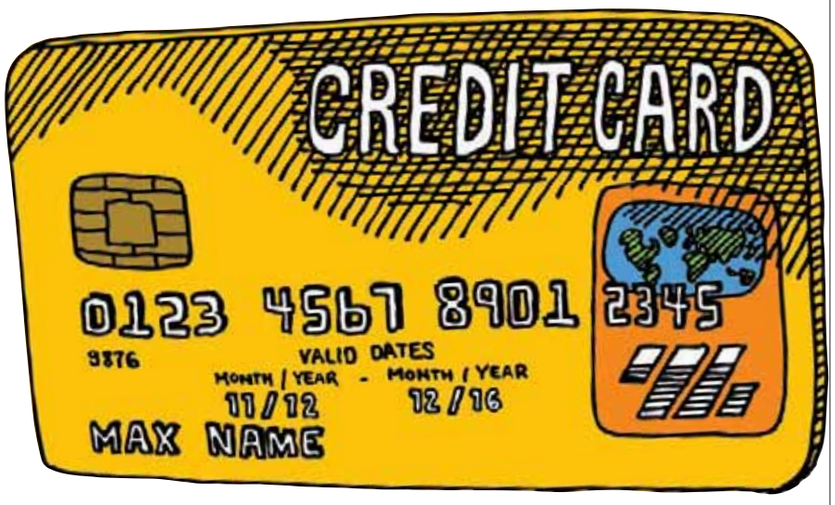

CREDIT CARDS

Points distract from annual fees and high interest rates

Let me get this straight — credit card companies will give me tons of free stuff just for using their card to buy what I was going to buy anyway?

Well… sort of.

Who doesn't love free points? I love free points, miles, cash back — they all sound great to me.

Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

The best rewards cards all have two things in common: they have an annual fee and they have relatively high interest rates — usually 18 to 20 per cent.

There are no-fee cards that have some limited rewards features and/or a lower interest rate, but you'll notice they are never quite as lucrative as the mega-platinum versions that offer a quintillion points for signing up (of course most flights cost one-and-half quintillions, but it still sounds like a lot).

Most of the elite-level rewards cards charge an annual fee of $80 to $120 and have comparable interest rates.

What you need to determine for your specific situation is whether your monthly spending and repayment habits will leave you further ahead with the fancy rewards card, or with the annual fee safe and sound in your bank account instead of in the hands of your credit card provider.

The first commandment of personal finance is to never carry a balance on your credit cards.

If you carry a balance and don't repay every dollar you borrowed with your card(s) it is almost never worth it to go with the best rewards cards and pay the higher interest rates.

Instead, you should look at getting a credit card with the lowest possible interest rate, paying off your current cards with a low-interest loan or line of credit, or simply start paying off your balance every month!

If you pay your card off every month the annual interest rate is irrelevant to you.

Now you can start counting your chickens before they hatch (note to self: new credit card promotion aimed at farmers…) and looking at what rewards best fit you.

Some cards give more points for travel, while others prize groceries and gas station purchases. You need to do some basic math and figure out if you spend enough that the rewards you will accrue are worth more than your annual fee.

There are some great online resources out there at places such as LowestRates.ca and RateHub.ca that allow you to quickly compare your credit card options and see which one is right for you and your spending habits.

"Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

$ BANK NOTES

Credit card rewards tips

- Try to negotiate not paying the annual fee. You should be able to get out of paying it for the first year for sure.
- Several provinces will allow you use Aeroplan points to repay your student debt.
- Not all points/miles/rewards are created equal. Check to make sure you're comparing apples to apples when looking at the value of your rewards system.
- Some companies bank on points/miles/rewards inflation rates so that you will be penalized for hanging on to your points too long.

UNIVERSITY

Budgeting, managing debt vital for students, experts say

As students prepare to make the leap from high school to college or university, many may find themselves confronting some tough, new lessons outside the classroom.

"Kids coming out of high school have very low financial literacy," says Kurt Rosentreter, a financial adviser at Manulife Securities. "Very few understand money."

That can lead to major challenges down the road and exacerbate the debt burdens they will have to shoulder upon graduation, Rosentreter says.

Creating a budget may be hard for students just coming out of high school with little financial awareness, but experts say it's essential. ISTOCK

Budgeting

Lana Robinson, executive director of CIBC Wealth Advisory Services, recommends that students create a monthly and a weekly budget to track their sources of income and their expenditures.

Income sources can include student loans, bursaries, a line of credit, loans from family members and income from part-time or summer jobs.

Expenses can be broken down into two categories, says Robinson. Non-discretionary costs include non-negotiable items like rent, tuition and transportation.

Determining how much to spend on discretionary items requires making decisions, such as how much to shell out for cellphone coverage and whether to eat out or cook at home.

For students who receive student loans and other income in large, lump sums, Robinson recommends keeping that money in a separate savings account and transferring portions of it into chequing on a monthly basis. That can help students ensure that they don't spend more than their monthly allotment.

Managing debt

Learning how to use debt wisely is another important skill for students to grasp, says Rosentreter. It's all too easy to run into trouble by treating a credit card "like it's candy," he says.

"I've seen kids who are 25 years old who are declaring bankruptcy because they've rammed up credit cards," Rosentreter says.

THE CANADIAN PRESS

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0715

Guns, drugs and boobs: Cyrus on double standards

JUST BEING MILEY

Pop star says there's 'nothing left' to catch her doing

Miley Cyrus and I apparently see eye to eye on a lot of things, including Taylor Swift.

Well, sort of.

While my Swift gripes are more broad and far-reaching, Cyrus is taking issue with one particular move — namely Swift's much-hyped Bad Blood music video.

"I don't get the violence revenge thing," she tells Marie Clare.

"That's supposed to be a good example? And I'm a bad role model because I'm running around with my t----- out? I'm not sure how t----- are worse than guns." Ain't that America, right?

Cyrus also has some other insights that are genuinely awesome, like her take on the double standards of show business: "There is so much sexism, ageism, you name it," she says.

"Kendrick Lamar sings about LSD and he's cool. I do it and I'm a druggie whore."

Oh, and all of her outlandish behavior and aversion to clothing? It's all pretty savvy, actually.

"There's nothing left to catch me doing," she explains.

"You want to hack my email so you can find my nude pictures? I'll just f---ing put them up."

Right on.

Kendrick Lamar sings about LSD and he's cool. I do it and I'm a druggie whore.
Miley Cyrus

metroGOSSIP MUST READ

Miley Cyrus is not impressed by Taylor Swift's Bad Blood music video. ALL PHOTOS GETTY IMAGES

LENNY KRAVITZ

Pierced for her pleasure

While Lenny Kravitz isn't talking about the surprising pubic piercing the world found out about last week when his pants split on stage in Sweden, the artist who applied it is more than happy to.

"The piercing still looks happy, healthy and very sturdy. I was proud to see it alive and kicking," body modification artist Elayne Angel tells Mashable.

And she offers some insight into the purpose of the piercing: "He liked the idea of having one that was in proximity to his penis but not on it. He's definitely into aesthetics and how it looks, but this one also had function. It was meant to please women," she explains.

"It hits the woman in the clitoris during intercourse."

Well all right, then.

NED EHRBAR/FOR METRO

Lenny Kravitz.

UTOPIA

Smith pontificates on transcendence

Willow Smith takes inspiration from the movie Avatar.

In case anyone's interested, 14-year-old singer and budding philosopher Willow Smith has her idea for utopia all worked out, as she tells i-D magazine in an interview.

"The whole world would be one big tribe, one big commune. It wouldn't be split up and divided, we wouldn't be fighting nearly as much, we wouldn't be using unnecessary sources of power," she says.

"We'd be using free energy, we'd be eating from the trees, we'd be drinking from the natural stream. There wouldn't be traffic, and diapers and pollution in our rivers. It would all just be transcending into another dimension."

See, you had me and then you lost me.

Oh, and the secret to Smith's ideal worldview?

James Cameron's Avatar, naturally, which she called "my life." Because obviously.

"The strength that the tribe has to overthrow the Sky People, that's the kind of strength that we need to have," she says.

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GOP

Trump makes bloody remarks

Republican presidential candidate Donald Trump said Friday he can't recall using words such as "dog," "fat" and "disgusting" to insult women he believes have slighted him, but such language litters his Twitter feed and other comments he's made for years.

The issue took centre stage at the first Republican debate of the 2016 campaign for president, when Fox News moderator Megyn Kelly asked Trump about his use of such language and whether it reflected the "temperament of a man we should elect as president."

Trump largely dismissed Kelly's question at the debate, but on Friday he went directly after her.

Before dawn, he had retweeted a post calling Kelly a "bimbo." The post was later deleted, but on Friday evening Trump called Kelly a "lightweight."

Referring to Kelly's questions during the debate, Trump said, "There was blood coming out of her eyes, blood coming out of her wherever."

Citing that remark, conservative commentator Erick Erickson said he was withdrawing his invitation for Trump to appear at his RedState Gathering in Atlanta on Saturday. "I just don't want someone on stage who gets a hostile question from a lady and his first inclination is to imply it was hormonal," Erickson wrote on the RedState website Friday night. "It just was wrong."

In tweets sent last year, Trump called Huffington Post editor Arianna Huffington "a dog who wrongfully comments on me" and said she is "ugly both inside and out!" On some occasions Trump appears to have recognized he's gone too far. In April, he retweeted, then deleted, a tweet that read, "If Hillary Clinton can't satisfy her husband what makes her think she can satisfy America?"

THE ASSOCIATED PRESS

Fox New's Megyn Kelly.

metro SPORTS

Victoria's Ryan Cochrane won 1,500-metre freestyle bronze at the swimming worlds

Monday, August 10, 2015

Jays spank the Yanks

MLB

Toronto caps 3-game sweep; allows just 1 run in series

SUNDAY In New York

BLUE JAYS	YANKEES
2	0

Everyone already knew the Toronto Blue Jays could really hit. Turns out, it was a trio of splendid pitching performances that closed the gap in the AL East.

Josh Donaldson and Jose Bautista launched long home runs, and the Blue Jays earned their eighth straight victory by beating the New York Yankees 2-0 on Sunday to complete a three-game sweep that tightened the division race.

"Everything seems more in reach," Bautista said. "It seems more attainable."

Marco Estrada tossed three-hit ball into the seventh inning against the suddenly slumping Yankees, outpitching Masahiro Tanaka during Toronto's second consecutive shutout. Boosted by some big acquisitions before the July 31 trade deadline, the streaking Blue Jays have won 11 of 12 to pull within 1-1/2 games of the first-place Yankees.

A week ago, New York was up by six.

"Incredible," Estrada said. "It's been a great ride. We've had a tremendous team this whole year and obviously just got a little better. Adding a few pieces helped a lot. Our confidence is pretty high and we're all enjoying the run."

In a series that featured the top two offences in the majors, New York mustered only one run and went scoreless over the final 26 innings. Not since May 1999 against the Angels had the Yankees been blanked in two straight games. That stretch of 2,665 games between consecutive shutouts was the longest in major league history, the team said in citing research by the Elias Sports Bureau.

> **"I've got a hard head, so it's all good.**
>
> Yankees left-fielder Brett Gardner, who was hit in the back of the head when a fan threw back a Jose Bautista home run ball

It was the first time since May 2003 that Toronto swept New York in a series of at least three games.

"We definitely took a punch this weekend, and good teams punch back," Yankees slugger Alex Rodriguez said. "For us, it's all about how we respond that matters."

THE ASSOCIATED PRESS

Blue Jays shortstop Troy Tulowitzki, right, turns a double play over the Yankees' Brian McCann in New York, Sunday. SETH WENIG/THE ASSOCIATED PRESS

PGA

Lowry cards 66 for WGC victory

With no mistakes and two great escapes from the trees, Shane Lowry of Ireland introduced himself on a world stage by winning the Bridgestone Invitational on Sunday in Akron, Ohio.

He locked up victory in this World Golf Championship with a shot through the trees from left of the 18th fairway that descended over a bunker and settled just over 10 feet away for one final birdie and a 4-under 66.

"I was trying to get it to the front right of the green, but I pulled it a little bit," Lowry said. "Obviously, it went through the tree, and the rest is history. I couldn't believe I was seeing the ball coming down from there, coming down on the green."

He won by two shots over Bubba Watson, who also shot 66.

Lowry won the Irish Open as an amateur in 2009, and he picked up his first European Tour victory in 2012 in Portugal.

In the final round at Firestone, Lowry produced a flawless card of no bogeys and plenty of emotional fist pumps to celebrate the biggest win of his career. He is the first non-PGA Tour member to win a WGC since Martin Kaymer at the 2011 HSBC Champions.

Jim Furyk and Justin Rose, who shared the 54-hole lead, couldn't keep up. Both closed with a 72 to tie for third, four shots behind. THE ASSOCIATED PRESS

NASCAR

Logano's late pass leads to Glen win

Joey Logano had enough fuel this time.

A week after running out of gas while leading at Pocono with three laps to go, Logano passed Kevin Harvick on the final turn as Harvick ran dry to win the NASCAR Sprint Cup race at Watkins Glen International on Sunday.

Logano completed a weekend sweep after winning the Xfinity race on Saturday and gave Roger Penske his first Cup victory at The Glen. THE ASSOCIATED PRESS

Joey Logano celebrates Sunday's win. THE ASSOCIATED PRESS

IN BRIEF

Nishikori rallies to defeat Isner in Citi Open final

Getting his hard-court game in shape ahead of the U.S. Open, Kei Nishikori came back to beat big-serving John Isner 4-6, 6-4, 6-4 on Sunday for his first Citi Open title.

The second-seeded Nishikori, the runner-up at Flushing Meadows last year, weathered 18 aces from the eighth-seeded Isner, a six-foot-10 American who fell to 0-3 in finals in Washington.

THE ASSOCIATED PRESS

CFL

Ticats thoroughly beat Blue Bombers

Zach Collaros threw three first-half touchdown passes and Emanuel Davis returned two interceptions for scores as the Hamilton Tiger-Cats beat the Winnipeg Blue Bombers 38-8 on Sunday afternoon to remain unbeaten at Tim Hortons Field.

Hamilton (4-2) earned its ninth straight victory at the stadium before yet another enthusiastic sellout gathering of 24,068. The Ticats captured their fourth win in five games overall to move into a first-place tie in the East Division with Toronto (4-2) and Ottawa (4-2).

Winnipeg (3-4) remains tied for third in the West Division with B.C. THE CANADIAN PRESS

11

Hamilton's longest home win streak of 11 games was recorded in 2001-02.

Shane Lowry celebrates with his caddie Dermot Byrne after making a birdie putt on the 18th hole at the Bridgestone Invitational on Sunday. MIKE LAWRIE/GETTY IMAGES

Rivard a multi-medal threat

PARAPAN 2015

Swimmer is fresh off winning pair of world golds

She travels the planet as one of Paralympic swimming's brightest young stars, and has already stood atop numerous international medal podiums.

But Aurelie Rivard looks forward to the day she can do what other teenagers take for granted — text with two hands.

The 19-year-old from Saint-Jean-sur-Richelieu, Que., who was born with an underdeveloped left hand, could win seven medals at the Parapan American Games this week.

She started off the Games on Sunday by winning silver in her first event, swimming the 100-metre breaststroke SB9 in one minute 21.90 seconds. The Games come on the heels of a world championship performance that saw her win two gold and two silver.

Aurelie Rivard NATHAN DENETTE/ THE CANADIAN PRESS

And the punctuation mark to an outstanding year will come in September, when she gets her first-ever prosthetic hand, custom-matched to her skin tone and complete with heated sensors in the fingertips for texting.

"I didn't even know they could do that," Rivard marvelled.

Rivard and her twin sister Charlotte grew up swimming, starting when they were just a year old. Rivard credits sports with helping her overcome an anxiety disorder she developed as a 10-year-old that was so debilitating, she was afraid to leave the house alone. Sleepovers often caused panic attacks.

In retrospect, she believes it was partly related to her disability.

"Because I felt different," Rivard said.

Her anxiety was so overwhelming before races, she would vomit on the pool deck.

"But swimming, high-level sport, completely changed me, because I was facing my fears every single day," Rivard said. "I had to travel the world by myself, in (countries with) other languages, in other cultures.

She made her Paralympic debut in 2012 in London, winning the silver medal in the 400 freestyle at just 16.

THE CANADIAN PRESS

WHEELCHAIR RUGBY CANADA TOPPLES COLOMBIA Canada's Zak Madell knocks over Carlos Neme Montoya as Colombia teammate Jhon Orozco Nunez takes off with the ball during mixed-gender wheelchair rugby at the 2015 Parapan Am Games on Sunday in Toronto. Canada won the match 76-32. FRANK GUNN/THE CANADIAN PRESS

SOCCER

Canada defeats its southern neighbour

Rowdy Canadian and American fans faced off in the stands, trying to drown out each other's chants during Sunday's heated 7-a-side soccer match against the two rival nations, which Canada won 2-1.

The match was intense, with the Americans playing a strong offensive game. Halfway through the first half, they scored their first and only goal.

Canada's star forward, towering Trevor Stiles, evened out the game within minutes. But before the first half was over, he was forced out of the game with what appeared to be a serious knee injury. Stiles is not expected to play for the rest of the tournament, a blow to Canada's medal chances.

With five minutes left on the clock in the second half, 17-year-old Ottawa native Sam Charron scored Canada's second goal.

TORSTAR NEWS SERVICE

Reality Cech for Arsenal

PREMIER LEAGUE

Big letdown for Gunners as new keeper comes up small

Two mistakes by new goalkeeper Petr Cech sent a much-hyped Arsenal side crashing to a 2-0 defeat at home to West Ham, while Liverpool's start to the new Premier League season ended with a late 1-0 win at Stoke on Sunday.

Cech arrived from Chelsea with a reputation for keeping clean sheets, but a header from Cheikhou Kouyate in the 43rd minute and a low shot by Mauro Zarate in the 57th unexpectedly beat the 33-year-old keeper.

There was little goalmouth action at Stoke until Liverpool midfielder Philippe Coutinho scored with a ferocious shot from 25 metres in the 86th minute.

The points were shared at St. James' Park where Newcastle, under new coach Steve McClaren, drew 2-2 with Southampton in Sunday's other game.

West Ham's Cheikhou Kouyate heads the ball past Arsenal keeper Petr Cech on Sunday in London. JULIAN FINNEY/GETTY IMAGES

Arsenal dominated possession at Emirates Stadium but lacked ideas against a West Ham side that has already been playing competitively in the Europa League under new manager Slaven Bilic.

"We were not convincing offensively, nor defensively," Arsenal manager Arsene Wenger said.

On the first goal, Cech rushed out to clear a free kick but his gloves arrived second to Kouyate's head. Arsenal's marquee signing was then wrongfooted by Zarate's shot from outside the area.

"Any championship is never a motorway," Wenger said. "It's always (about) responding well to accidents."

Liverpool was taking on a Stoke side that had humiliated them 6-1 in their final game of last season.

The tables were turned by Coutinho's moment of magic, when the Brazilian shrugged off a challenge before unleashing a booming shot that grazed Jack Butland's gloves on its way in.

"I think we showed a different type of will and different character than obviously the last time we were here," Rodgers said. "We defended really, really well ... and we knew that if we could hold the game and stay tight, then obviously as the game wore on our quality can come through." THE ASSOCIATED PRESS

It was a wonderful, wonderful goal.
Liverpool manager Brendan Rodgers on Philippe Coutinho's latest wonder goal.

IN BRIEF

L.A. gets dose of dos Santos

Giovani dos Santos had a goal and an assist in an impressive MLS debut, leading the LA Galaxy to a 3-1 win over the Seattle Sounders on Sunday.

Dos Santos set up captain Robbie Keane's tiebreaking goal in the 47th minute before the Mexican playmaker scored his first goal in the 64th minute, taking a beautiful pass from Keane and burying his shot past Stefan Frei. THE ASSOCIATED PRESS

No one injured after Hertha Berlin bus shot at pre-match

Hertha Berlin says its team bus was shot at Sunday ahead of a German Cup match in Bielefeld.

The Bundesliga club says no one was injured in the incident. There were no players on the bus at the time.

Hertha general manager Michael Preetz told Sport1 that the bus was overtaken by a motorcyclist who threatened the driver and then pulled out a pistol at a roundabout. The shot did not penetrate the windscreen. THE ASSOCIATED PRESS

Iconic NFL personality Gifford dies at age 84

From the football field to the broadcast booth, Frank Gifford was a star. And a winner.

An NFL championship in 1956 with the New York Giants. An Emmy award in 1976-77 as television's "outstanding sports personality." Induction in the Pro Football Hall of Fame in '77.

Frank Gifford in 2012 GETTY IMAGES FILE

Gifford, as well known for serving as a buffer for fellow announcers Don Meredith and Howard Cosell on Monday Night Football as for his versatility as a player, died Sunday. He was 84.

In a statement released by NBC News, his family said Gifford died suddenly at his Connecticut home of natural causes Sunday morning. His wife, Kathie Lee Gifford, is a host for NBC's Today. THE ASSOCIATED PRESS

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RECIPE Almond Butter Noodle Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
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Almond butter has a milder flavour than peanut butter. This is a great salad that can be a side dish or a main course with the addition of cooked chicken, meat or fish.
Serves 4

Ready in
Prep Time: 15 minutes
Cook Time: 8 minutes

Directions
1. Cook spaghetti until firm to the bite, according to package directions. Drain.

2. Add bell pepper, carrot, water chestnuts, green onion and cilantro to spaghetti.

3. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds.

Ingredients
- 8 oz spaghetti
- 1/2 large red bell pepper, sliced thinly
- 1 medium carrot, peeled and cut into matchsticks
- 1/2 cup sliced canned and drained water chestnuts
- 1/3 cup diced green onion
- 1/4 cup chopped cilantro or basil

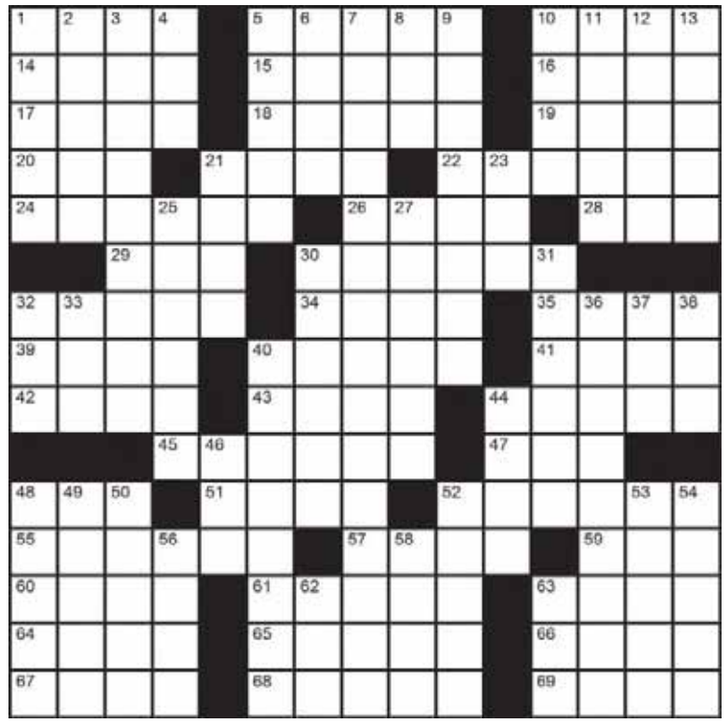
Dressing
- 1/3 cup almond or peanut butter
- 3 Tbsp rice wine vinegar
- 3 Tbsp light soy sauce
- 2 Tbsp water
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 2 tsp sesame oil
- 2 tsp minced ginger
- 2 tsp toasted sesame seeds

Nutrition per serving (recipe serves 4)
- Calories 290
- Protein 10g
- Carbohydrates 40g
- Fibre 5g
- Total fat 11g
- Saturated fat 2g
- Cholesterol 0mg
- Sodium 660mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Honolulu's home
5. Prepare, as broccoli
10. Hoo-hoo-ers
14. Italian car manufacturer
15. Sao __, Brazil
16. Tangible
17. Ripped
18. Keyboard instrument
19. Catherine __-Jones
20. Antiquity
21. Perfect
22. Victor's prize to put on display
24. Beaver coin
26. Roman emperor
28. Affirmative reply
29. Frying need
30. Ambulance signals
32. Skeleton's head
34. Ms. Horne
35. Mr. Stoltz
39. Chipper
40. Matte __ (Toronto-born television host)
41. Marvin Gaye's daughter
42. Poker game stake
43. Songstress Tori
44. George Burns prop
45. Be in need of new stock: 2 wds.
47. Ms. Saldana of "Avatar" (2009)
48. Electronics brand
51. Multivitamin mineral
52. Bone's inner
55. Pomposity
57. Clock time
59. __ generis (Unique, in Latin)
60. City in Pennsylvania
61. Courage
63. Stars on television
64. Parliament Hill worker
65. Heron kind
66. Remedy
67. Grape's inner
68. Extinct birds
69. Went too fast

DOWN
1. Frequently
2. Garlic mayonnaise
3. Type of tennis playing surface: 2 wds.
4. 'Comp' completer (Calculate)
5. Bobbin
6. Mountain lake
7. Canadian women's tennis star who was born in the city at #9-Down: 2 wds.
8. Birmingham's state, for short
9. Where the men are competing, as per #36-Down
10. Rice-shaped pasta
11. Tearful
12. Workshop machine
13. Kills, in a fantasy novel
21. Heaven's opposite
23. Director Mr. Howard
25. Out of __ (Unbalanced)
27. Mr. Borgnine
30. Hit the brakes hard: 2 wds.
31. Higher in position
32. Health resort
33. Mr. Burns of TV documentaries
36. Professional tennis tournament held in Canada each year, it's currently underway in Toronto for the women players (More at #9-Down): 2 wds.
37. __ _ pinch
38. Ford product
40. Shunned
44. Russian ruler, variantly
46. Submachine gun type
48. Ms. Perlman's
49. Noted 'Madame' of chemistry
50. Tolerate
52. Combo dogs
53. Outlandish
54. Got smart, __ up
56. Marsh plant
58. Cream-filled cookie
62. Certain consciousness
63. Namesakes of Mario's "Saved by the Bell" role

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something that seemed so easy to do a little while ago now seems extremely difficult and you can't work out why. Don't give up on it though. What happens later in the week will make it easy again, so bide your time.

Taurus April 21 - May 21
You may find it hard to get along with certain people today but it's no big deal. Rather than risk saying something you may later regret just remove yourself from their presence for a while.

Gemini May 22 - June 21
It may not be easy turning down an attractive, and profitable, proposal but turn it down you must because the planets warn it will result in more work and more pressure than you can handle.

Cancer June 22 - July 23
If you have gone to extremes in any way in recent weeks, opposing forces will bring you back toward the middle ground over the next few days.

Leo July 24 - Aug. 23
You seem to be anxious about financial matters at the moment but there is really no need. As Jupiter moves from your own sign to the money area of your chart tomorrow, there is sure to be good news of some kind.

Virgo Aug. 24 - Sept. 23
It may seem as if someone is withholding their affections but before you get angry about it, consider this: they may be caught up in their own worries so much they don't have time for anyone else.

Libra Sept. 24 - Oct. 23
Some habits are easy to break but the habit you are struggling with at the moment seems too deep-rooted to overcome. Maybe you should stop trying so hard and instead find ways to enjoy it.

Scorpio Oct. 24 - Nov. 22
If you force yourself to be enthusiastic about something you don't much like today you may surprise yourself by how easy it is — and how much you enjoy it.

Sagittarius Nov. 23 - Dec. 21
Don't let yourself be talked into doing anything you don't feel comfortable with today. Resist, even at the risk of starting a feud.

Capricorn Dec. 22 - Jan. 20
Actions always speak louder than words, so do what has to be done and don't worry that others might not understand your reasons.

Aquarius Jan. 21 - Feb. 19
Don't let financial worries limit your horizons. You may think that you cannot afford to go out and have fun but you can if you use your imagination.

Pisces
Feb. 20 - March 20
This should be a really good week for you but there is a danger that you might be tempted to focus on minor failures and not allow yourself to enjoy the good things in life.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		2	7				1	
		5			4	6		9
6	7		5				8	
4		9		5			3	
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	1				8		5	6
5		6	3			8		
	9				5	3		

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3. I will Remove & Destroy all Bad Luck, Witchcraft, Jealousy, Black Magic Permanently with my superior Strength & Holy Given Powers
4. And Protect you from Evil things.
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BRA vs COL
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SWIMMING
9 a.m. | 5 p.m. – Medal Rounds
CIBC Pan Am/Parapan Am Aquatics Centre and Field House

WHEELCHAIR BASKETBALL
8 a.m. | 4:15 p.m. – Preliminary Rounds
Ryerson Athletic Centre

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